

If you wish to attend any of the programmes listed please contact the Community Resettlement Worker to secure your place:

Antrim	07738641386
Ballymena	07841204539
Carrickfergus	07708459565
Larne	07906041136
Newtownabbey	07821402024
Reconnect	07835309793

### Crèche Provision

Childcare may be provided however spaces are limited.

Please contact a Crèche Worker to register expressions of interest on 028256 32136



Refreshments will be provided.

—Tell us what you think—

We would like to hear any of your comments, complaints or suggestions to improve our service.

You can go to [www.womens-aid.org.uk](http://www.womens-aid.org.uk)

Or you can use our suggestion box situated in each office.

### The Community Resettlement Service

The Community Resettlement team help women who are or have been living with domestic violence.

The aim of the Community Resettlement Service is to support women, children and young people to help develop their decision making abilities by addressing the impact of domestic violence on self esteem, confidence and family functioning through a range of information, education, and training opportunities.

Community Resettlement workers co-ordinate, plan and facilitate the delivery of the training programmes for women.

They will also signpost women to other services if required, both internal and external to Women's Aid ABCLN.

**24 HOUR DOMESTIC & SEXUAL  
VIOLENCE HELPLINE  
0808 802 1414**

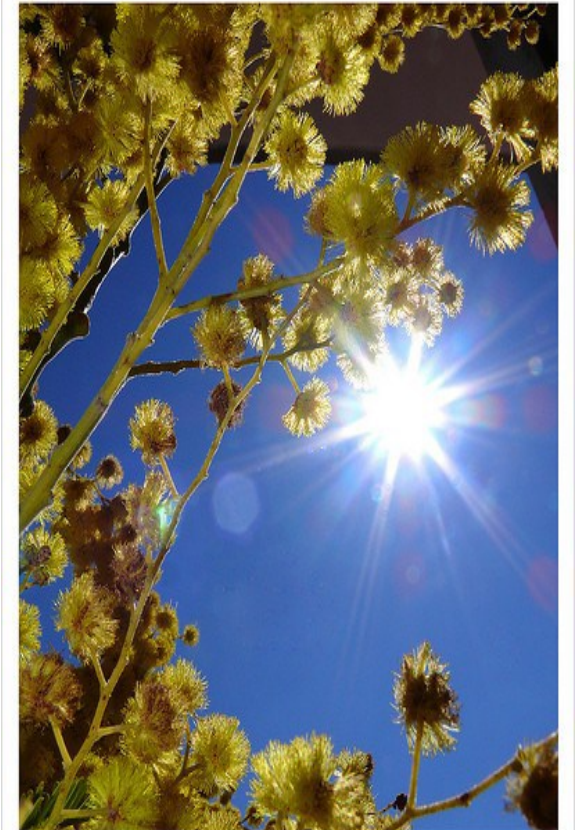
**[www.womens-aid.org.uk](http://www.womens-aid.org.uk)**

**women's aid**

Antrim, Ballymena, Carrickfergus, Larne  
and Newtownabbey

## Programme Information

January — March 2018



## Journey To Freedom

**EVERYONE** has the right to feel **Safe** and live their lives **free of abuse**. This programme is specifically designed for women who have been or are still in an **abusive relationship**.

Meet with women who have had similar experiences and share your thoughts and feelings on Domestic Violence in a **safe and supportive** environment. Some topics covered are:

- The effects of domestic violence
- Patterns of abusive behaviour
- Safety planning
- You are not to blame

Date: Monday 15/01/2018  
Time: 10:30am—12:30pm  
Venue: 17 Fountain St., **Antrim**  
Duration: 8 Weeks

Date: Friday 19/01/2018  
Time: 10:30am—12:30pm  
Venue: 5a Lesley House  
1-9 Carnmoney Rd  
**Glengormley**  
Duration: 8 Weeks

Date: Monday 05/02/2018  
Time: 10:30am—12:30pm  
Venue: The Naomi Centre  
2 Cullybackey Rd, **Ballymena**  
Duration: 8 Weeks

Date: Thursday 01/02/2018  
Time: 10:30am—12:30pm  
Venue: Church of the Nazerene,  
Oakfield drive, **Carrickfergus**  
Duration: 8 Weeks

## You & Me Mum

The aim of this programme is to empower, support and develop further understanding of a mother's role in addressing the needs of children and young people who have lived with Domestic Violence.

Date: Monday 19/02/2018  
Time: 10:30am—12:30pm  
Venue: 75 Main Street  
**Larne**  
Duration: 5 Weeks

## My Life My Choices

This programme will provide an opportunity for women to take steps towards personal development. It helps promote **self esteem** and enables women to explore their options and **develop their confidence**.

Date: Wednesday 17/01/2018  
Time: 10:30am—12:30pm  
Venue: 17 Fountain St. **Antrim**  
Duration: 6 Weeks

Date: Wednesday 14/2/2018  
Time: 10:30am—12:30pm  
Venue: 33b Albert Road, **Carrickfergus**  
Duration: 6 Weeks

## OCN (level 1) Me, Myself & I

This programme is accredited through the Open College Network. Participants will learn about taking steps towards their personal development.

Date: Thursday 25/01/2018  
Time: 10:30am—12:30pm  
Venue: 5a Lesley House  
1-9 Carnmoney Road  
**Glengormley**  
Duration: 8 Weeks

Date: Thursday 01/02/2018  
Time: 10:30am—12:30pm  
Venue: The Naomi Centre  
2 Cullybackey Road  
**Ballymena**  
Duration: 8 Weeks

Date: Wednesday 31/01/2018  
Time: 10:30am—12:30pm  
Venue: 75 Main Street  
**Larne**  
Duration: 8 Weeks

## Reconnect

This is a social activity programme for women who have experienced domestic violence. Coming to one of these groups is a great opportunity to meet new people, make friends, experience new things and have fun. It runs from January to March on a weekly or